



# SEIZURES

## Intellectually and Developmentally Disabled Fatal Four

Definition — Seizures occur due to abnormal electrical activity in the brain. There are two types of seizures: focal (partial) and generalized seizures.

### Why are individuals with Intellectual and Developmental Disabilities at a high risk?

- Individuals have an underlying brain dysfunction

### Signs & Symptoms

- Symptoms vary according to the individual. Some individuals may stare while others make shake violently.

### How to Respond to a Seizure

- Do not leave the individual alone
- Do not restrain the individual
- Move objects away to prevent injury
- Place padding under individual's head/arms/legs

### Preventative Action Steps

- Manage stress
- Take prescribed seizure medication
- Maintaining a healthy weight
- Keep record of seizure activity
- Exercise regularly

